



Olympian Sam getting set for Nation's Biggest Sports Day

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The Nation's Biggest Sports Day is back as hundreds of thousands of people across the nation get active in support of Team GB.

The event on Saturday is part of the I Am Team GB campaign which aims to harness the power of the Olympics to make Britain more active.

Our very own Sam Walker, who competed at the Rio 2016 Olympics and is aiming to qualify for Tokyo 2020, has been getting into the spirit by taking on young players at the Cooke & Deaton summer camp.

As you can see in the video, we've put a table tennis spin on the traditional school sports day staple of the egg and spoon race – giving Sam the handicap of a mini bat. Watch the video to see who wins – and why not celebrate the day by trying your own table tennis variations of a school sports day?

Hundreds of events are taking place all over the country on Saturday, including one hosted by Bishop Auckland TTC, who are holding a 'come and try it' event at Bishop Barrington Sports Hall (DL14 6LA) from 10.30am.

[Click here to find out more about I Am Team GB and to find an event near you.](#)

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